



AWC Active Aging

VOLUME XIII, ISSUE I

JANUARY/FEBRUARY 2020

2020-Happy New Decade AWC!

A new year, a new decade, lies in front of us and possibilities open up for new beginnings. I encourage you to embrace this year as **the year**, you make **YOU** the priority. Envision the life you want and go after it. We want to help you reach your goals and provide you with the tools to help you live your best life. I hope you take the time to try out some of our new classes in 2020 to kick start your year. I also want to remind you that all fitness classes are free the last 5 business days of the month to try out. It is a great time to try something new without having to pay for a whole month of classes. We hope by providing you the opportunity to try out some different options, you will find a class that appeals to you. If you want to encourage a friend to start going to the center, every member has two **FREE** guest passes that they can use a year. So bring a friend & show them why you love the AWC! We always have complimentary fitness orientations available in the fitness center to show you how to use the exercise equipment. If you want more tailored assistance with your fitness goals, we invite you to sign up for our personal training services. This year we also purchased a new exercise equipment; a Nustep, a Scifit, and new Precor treadmill to try. We also purchased many new workout

Home Instead CAREGivers can provide a variety of services. Some include:

- Companionship Care
- Personal Care
- Memory Care
- Meals & Nutrition
- Transportation
- Household Duties
- Respite Care
- Hospice Care Support



Proud Sponsor of the Adult Wellness Center

Independence

Family

Intermediate

Facility

Hospice



CHANGING THE FACE
OF AGING FOR
25 YEARS!

materials for classes and in the fitness center. Several updates have been made in the building last year to make your experience here even better. This Fall, we painted both the locker rooms, re-modeled the shower stalls, and plumbed in the swimsuit spinners. We also resurfaced both of the pool decks to ensure a safer environment for all members. Thank you for your patience during those projects! For 13 years

now, we have started the year together! We have had over 26,500 members join us. Thank you for choosing to be a part of the AWC each year and for sharing your lives with us!



Lesli Ossenfort, Director

AWC January Reminders

AWC Book Sale
Starts Wednesday,
January 22nd at
10:00AM and runs
through Saturday,
January 25th.

*Please remember to check in and check out with your AWC card each time you visit the center.
*When you check in and out, if you hear "You have an important message" please check and see if your membership is due.
*If you are a Medicare Silver & Fit member, your membership is based on the calendar year. All other memberships are based on the date you last renewed your membership.
*The last 5 business days of each month, you can try any fitness or water class for FREE. You can try as many as you like!

*Please remember to limit your time to 30 minutes on the fitness center machines during peak times so that everyone can use the equipment.
*The inside lane of the track is for passing others. The direction of the track is changed every other day.
*Please remember to return your locker key when you leave the building so that others can use it.
*If you lose your card, please sign in at the front desk. If it seems like your card is completely lost, we can replace it for a \$5 charge.
*Many people are sensitive to

smells, please try not to wear any strong fragrances at the AWC.
*Our sanitizing gym wipes are always available in the middle of the fitness center to clean equipment before & after you use it. This helps everyone stay well!
*Members are allowed two guests per year for free and can purchase a \$5 daily guest pass after that. Guests must be over 50 and sign a waiver at the time of their visit.
*Caregivers under 50 are allowed at the AWC as long as they are truly caring for a member and not working out separately.

Healthier Eating

If you'd like to start out the year with a more nutritious diet, check out the calendar for upcoming events to give you ideas. On **Tuesday, Jan. 14th at 11:00AM** Mercy Diabetes Educator, Pamela Laney, will present **Eating Well with Diabetes**. She'll talk about foods to eat and foods to avoid with diabetes, serving sizes and guidelines for a healthy diabetic

diet. Then on **Tuesday, Jan. 28th at 11:00AM** Misty Burkes from Humana will present **Reading Food Labels**. Find out what a food label reveals and if your favorite foods are as healthy as you think. If you'd like to learn more about gluten-free or dairy-free diets, consider **Enjoy Life Gluten Free** which is held the first **Thursday of each month at 11:00AM**.

Northwest Lunch & Learns

**Wednesdays,
January 8th &
February 12th
at 12:00PM**

Register at the front desk for an informative presentation from a doctor and a delicious lunch.



Friends of the AWC

We greatly appreciate our all of friends who generously donate to the AWC

- 10,000– anonymous donor
- 1,000– 4 anonymous donors
- 500– 2 anonymous donors
- 300– Darlene and Thomas Frazier, and 4 anonymous donors
- 200– Theresa Born, Ray Chadwick Kump
- 100– Jack Fuller, Garland Hall
- 50– Gloria Mc Devitt, Pamela Heckerson, Thomas Renaghan, and Betty Vandivier

All donations made to the Adult Wellness Center are Tax-Deductible.
Thank you for remembering us in your charitable gifts!

Essentrics Classical Stretch

Essentrics Classical Stretch is a completely original workout that draws on the flowing movements of tai chi which create health and balance, the strengthening theories behind ballet which create long, lean, flexible muscles and the healing principles of physiotherapy which create a pain free body. The benefits of this workout are that it tones and shapes the body, improves posture and balance, relieves stress,

strengthens muscles, enhances flexibility and range of motion, and releases pain. And on top of all that, it's a fun workout done with music! Movement Specialist, Cindee Johnson will be introducing Essentrics to the AWC starting in January. On **Monday, Jan. 6th from 11:00AM to 12:30PM** Cindee will lead an **Essentrics Classical Stretch Workshop**. The

workshop is \$5 and will provide a thorough introduction to Essentrics. After that on **Mondays at 11:30AM** there will be an **Essentrics Classical Stretch** class. It will take place on Mondays in January & February and the cost is \$25 for those five sessions.



Wellness Wisdom

The AWC is excited to offer a new series of workshops designed to address different facets of wellness in your life. Fitness & Media Coordinator, Jade Goodyear has developed **Wellness Wisdom Workshops** and will offer them to members interested in making positive changes in their lives. This series of four workshops will cover dimensions that allow for you to lead a more balanced life. They will focus on the following

topics: *The Body, The Mind, Emotions and Your Purpose*. Anyone interested can sign up at the front desk to save your spot! Students should come prepared to listen to a short presentation, participate in a positive group discussion and learn valuable tips and tricks from Jade. All sessions are 60 minutes long and will last from **11:00AM to 12:00PM in Game Room A**. Please see the schedule at the right for dates, times, and details.

Wellness Wisdom Workshops

***January 15th: The Body**
Eat, move, rest and feel energized!

***February 19th: The Mind**
Learn, create, be curious and feel inspired!

***March 18th: Emotions**
Maintain a positive outlook, build resistance and feel happy!

***April 15th: Your Purpose**
Reflect, live with meaning and feel fulfilled!

Starting An Exercise Program

Beginning anything can be challenging but fear not—it's simpler than you think! When starting a new exercise program, remember to start small. Here are some tips to remember before you begin your new program. **First, be sure to hydrate.** Take your body weight and divide it by two. That number is the amount of fluid ounces you need to consume in water each day for your body. Start gradually increasing your water

intake by a few ounces per day and you will be well on your way to feeling more alert, balanced and prepared for exercise! **Second, find the environment you're looking for.** Are you interested in working alone, with a personal trainer, a friend or in a larger group fitness setting? Narrow down what you would prefer and then move to the next step. **Last, move joyfully.** Find what moves you and

what is fun to you. Do you enjoy dancing, lifting weights or maybe even walking? Focus on what you enjoy and start with that activity. Set a small goal to accomplish 10 minutes a day for three times a week. You may surprise yourself with wanting to do the activity longer and it will boost your self-esteem to make it a regular part of your schedule. Then gradually increase to 30 minutes a day for five days per week.

Feb. 26 9:00 AM

Personal Training

Does the thought of starting a new exercise program on your own sound daunting?

If you want help getting started, please consider

Personal Training!

Four-session packages are available for \$120. Sessions are 45 minutes long and completely catered to you.

Interested? Fill out a form at the front desk and Jade will reach out to you to discuss a plan!

You may be eligible to have your AWC membership paid for if you are **Medicare Eligible** and have a qualifying insurance supplement!

These programs are beneficial for the AWC!

Please check at the front desk if you think you might qualify!

HEALTHWAYS
SilverSneakers
FITNESS

CITY OF ROGERS ADULT WELLNESS CENTER

2001 W. Persimmon St

Rogers, AR 72756

Phone: 479-631-3333

Fax: 479-986-6803

www.rogersar.gov

Open Monday-Friday 7:00 am - 7:00 pm

Open Saturday 8:00 am - 12:00 Noon

Active Aging to Enhance Quality of Life!

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AWC Closed

Jan. 20 - MLK Day

Feb. 17 - President's Day

Help us cut down on paper waste. Please
keep the included calendars to refer to
throughout January and February.

What's New

AWC Author Showcase

Tuesday, Feb. 11th

10:00AM-12:00PM

Board Room

Stop by and see the published written work of our members. If you are an author and are interested in being in the showcase, please contact Brandy.

Veteran's Benefit Information Session

Tuesday, Feb. 4th

11:00AM

Game Room A

Learn more about long-term care benefits that are available for senior veterans or surviving spouses of senior veterans from Attorney, Todd Whatley.

AWC Bingo Party

Friday, Jan. 17th and

Friday, Feb. 21st

1:00PM

Cards are \$5 with the chance to win \$10 gift cards!



Pottery for Beginners

Wednesdays in January and February from 2:00-4:00PM

Class is \$50 per month and prepares students to work independently in our Pottery Studio

AWC Weather policy

The AWC will close due to weather only if the City of Rogers Administration Office is closed. If the Rogers School District calls off classes, the AWC will cancel all classes and activities for that day as well. However, we only actually close if the City offices close.

Announcements regarding weather closings will be made on TV (KNWA & 40/29) and on the City website.

You can also call the center, and a message will indicate if we are closed or have modified hours.